How Fast Are You Living?

By ARTHUR PAUL

DR. GEORGE L. MEYLAN

Professor of Physical Education and Medical Director, Columbia University.

YOU do not need a university education to apply the rules for sane living, according to Dr. George L. Meylan, professor of physical education and medical director of Columbia University, in New York City. The rules are so simple they have become platitudes. People repeat them without thinking of their importance.

The difficulty lies in following the rules, after they are learned. For in spite of the elaborate theories which have been worked out by faddists and cranks, each with his own particular cure for the defects of modern living, the whole problem will boil down into six words, says Dr. Meylan.

Here they are:

Don't worry.

Be moderate in everything.

Doubtless these two brief sentences have a familiar sound. There is nothing startling about them, but they are the key to longevity.

Fifteen years ago Dr. Meylan, at his summer camp in Maine, was swimming in the lake with his two boys, when Hezekiah Lombard came along in a rowboat. Hezekiah was eighty-one years old.

"Come along and have a swim," Dr. Meylan invited the old gentleman.

"Don't keer ef I do," replied Hezekiah.

He pulled his boat up on the shore, stripped and walked out onto the springboard. But he did not dive.

"Jest thought I'd teeter a bit," he explained, as he went back to the shore and waded in from the rocks. Hezekiah swam around for a quarter of an hour and then dressed and went back to his boat.

Seven years ago Dr. Meylan dropped in to see Hezekiah about 11 o'clock in the morning. For the first time in the ninety-seven years of his life the gentleman was not up and about. Dr. Meylan asked him if he was sick.

"No," said Hezekiah, "jest kind o' lazy."

Dr. Meylan examined him and found that the circulation had ceased in his extremities. He suffered no pain, however. Hezekiah himself was not aware that he was not functioning normally in every way. That afternoon he died. It was merely that the machinery stopped.

"It was the only perfect example I have ever seen," said Dr. Meylan, "of death from old age."

Hezekiah Lombard worked all his life as a young man, sometimes in the lumber forests, sometimes on the lumber tows going down to Portland—which was very hard work, indeed—sometimes on the farm. As he began to get older he dropped off the harder kind of work, and by the time he was seventy was not doing much except farming. At ninety he did a little hoeing in the garden, chopped some firewood occasionally and picked up chips and carried in wood for the fire. By the time he was ninety-five picking up chips and watching the fire from a comfortable seat were his share of the household duties. During his last winter he merely watched the fire.

His life was the essence of moderation. He neither smoked nor used alcohol in any form.

Hezekiah's brother, who lived to be ninety-three, smoked moderately and drank moderately all his life. Hezekiah's son, seventy years old, who built two log houses last summer with his own hands and unassisted, used tobacco and stimulants in moderation.

Charles W. Eliot, president emeritus of Harvard University, was born March 20, 1834, eighty-five years ago. A few weeks ago Dr. Meylan sat beside Dr. Eliot at a dinner in Boston. Dr. Eliot was in perfect health and full vigor. Dr. Meylan asked him to what he attributed his long and vigorous life. In its briefest form Dr. Eliot's answer was "moderation in everything."

Worry is largely a matter of temperament, but it has so many different forms that it probably has more to do with shortening life than lack of moderation in other directions. The conscientious man worries about his work. The ambitious man worries about his prospects.

This old bugbear of worry shows itself in various ways. It spoils dispositions, appetites and complexions. It is responsible for indigestion and nervousness. And it's one thing which a physician can not treat directly. The patient has to accomplish the big results with will power and self control.

Work presents an entirely different problem, says Dr. Meylan. There is a positive limit to the amount of work which every man should do, he believes, and this amount can be determined with a considerable degree of exactness. He says that with the whole-hearted co-operation of the patient he can determine by observation over a period of from six weeks to three months just how much work any man can do without danger to his health.

Does it make any difference whether the work is of the outdoor variety—farming or forestry—or mental effort? Dr. Meylan says no. A farmer is limited in the amount of work he can safely do just the same as the writer or analytical chemist.

Of course, there are things one can do better or with less effort than others, and by choosing the things one can do best and with the least effort one can accomplish more in the specified working hours.

Dr. Meylan points out, however, that the nation which sets up longevity as its ideal is pretty sure to slow up in other directions. Progress means burning out. It means doing in five years what ordinary effort would accomplish in twenty years. If a nation is to adopt longevity as an end, it must be content with the twenty year instead of the five year speed mark, or it must be content to adopt the ideas of others instead of forming its own.

Albania Still Struggling for Freedom

By L. DIXON

Paris, France, Feb., 1920.

THE Balkans just now are a seething mass of revolution. The crux of the whole matter lies in the solution of the Albanian problem. Albania is at the present time occupied by four foreign armies—French, Italian, Serbian and Greek.

In an interesting interview, M. Nicholas Ivanaj, one of the Albanian delegates to the Peace Conference, stated that unfortunately his countrymen have no general delegation which represents the actual public opinion in Albania. In addition to having those four armies of occupation, it has been forbidden to the Albanians as a people to meet together to elect representatives with powers to express the desires, or rather the demands, of their nation.

ALBANIA is in the western part of the Balkan peninsula, extending along the Baltic coast. It has a population of about 2,000,000 people. The Balkan allies—Greece, Serbia, Montenegro, and Bulgaria—had designs on Albania and hoped before the Great War to divide that independent principality among themselves. But Austria-Hungary and Italy had designs of their own and would not permit it.

"There are delegations at the Peace Conference which represent two parties. The first is the official delegation from Durazzo, and that has been chosen under the influence of the Italian army at Durazzo. Their program is to seek some mandate or foreign assistance for Albania. The other delegation consists of Albanians from the colonies in America, Constantinople and Roumania. These delegates are, in truth, elected by the patriotic Albanians resident in those parts of the world and they work entirely in the interests of Albania, that is to say, for independence—full and complete.

Briefly, the general condition of affairs is this:

Italy wishes to keep Valona, with the accompanying Hinterland, and to obtain a mandate over the whole of Albania.

Greece claims the north of Epirus, that is to say, the provinces of Koritza and Argyrocastro. This district is entirely Albanian and was so recognized by the Conference of Ambassadors held in London in 1913. Albania will not agree to the appropriation of Valona; neither will she have anything to do with the proposed mandate. She will not hand over one square inch of her territory to alien rule and is already opposing these claims by force of arms.

"Italy will have this mandate in the course of about three months. My countrymen are well organized. They are in earnest and mean to win. Fighting has been going on for the past three months in the mountainous regions around Scutari, Castrati, and Mirdia-Matia (Northern Albania). Albanians have been also fighting the Greeks in the neighborhood of Coritza.

"We are able to rally together 500,000 men for certain. In case of prolonged warfare, we have enough guns, munitions and all that is necessary in that respect. Supplies of food, too, are sufficient. We are in the midst of winter. We are a hardy race, we Albanians, and we are able to endure cold, hardship and deprivation of all kinds; indeed our history is but one long account of such endurance. We look upon the Italians as an enfeebled race who can in no way compare in strength and physique with the people of our nation.

"We have met with complete success up to the present. The Italian armies have been driven from our Albanian towns to the coast of the Adriatic. Our people are so well organized that when the time comes for the departure of the French army from Koritza, I can assure you that no Greek soldier will be able to put his foot into that province, or into Argyrocastro, without a struggle, the issue of which we have no doubt whatsoever. Today there exist no intrigues with the Austrians and other peoples. Albanians are united in their demands for complete independence and national unity. They desire assistance from no one, nor 'protection' from foreign powers. This program is in entire accord with the aim of all these so-called small nations—The Balkans for the Balkan peoples."

M. Ivanaj has no doubt whatsoever but that Albania's rights and liberties will be won, not through protracted negotiations of diplomats, but by the strong right arm of his fellow-countrymen.

Seeks Aid for 600,000 Children

G. S., N. Y.

HELEN LOSANITCH

SERBIA has a distant and foreign appearance in print, but this woman's face is a language known to all. She is a Serbian, Helen Losanitch, and she has seen much of the world. Her father is a distinguished Serbian statesman who was for years a member of the Cabinet and served as Serbian minister at London, Paris and Petrograd. Mlle. Losanitch is in the United States seeking aid for 600,000 suffering Serbian children. She has established a hospital and reclamation work in her country, hoping to finance and extend it by the help of American charity.